



# St. John's Wort

## Hypericin 0,3%

St. John's wort helps to maintain emotional balance<sup>1</sup>

- Directions of use:** Take 1 capsule 1 to 2 times daily after a meal.
- Ingredients per V-caps:** 500mg St. John's wort (*Hypericum perforatum*) (root) extract (standardized to 0,3% hypericin)
- Additives:** Capsule: HPMC; cellulose; silicon dioxide.
- Interactions:** St. John's wort can lower the blood level of many medicines. As a result, these medicines work less well, such as medicines against viral or fungal infections in the body, medicines for cancer, or medicines that suppress the immune system. If you are taking any medication, consult your physician/pharmacist before you start or stop using St. John's wort. Do not use together with antidepressants ((S)SRIs) and buspirone. Concomitant use with St. John's wort can have serious consequences due to the occurrence of the serotonin syndrome. Decreased reliability of the contraceptive pill and other hormonal contraceptives due to concomitant use of St. John's wort, persists for 4 weeks after stopping St. John's wort.
- Warnings:** Not for use by pregnant/nursing women.  
May interact with medicines.  
Consult your physician/pharmacist before you start or stop using this product.  
May lead to photosensitizing reactions (skin reddening) in the presence of strong sunlight.  
Not recommended in case of (a history of) bipolar disorder. St. John's wort can trigger a manic episode.  
Not recommended for children and adolescents under the age of 18.
- Remark:** Suitable for vegetarians and vegans.

St. John's Wort	Art.No.	EAN
500mg - 60 V-capsules	20716	8715216207168

St. John's wort is a herbaceous perennial plant which is native to temperate parts of Europe and Asia, but has spread to temperate regions worldwide. St. John's wort is named as such because it commonly flowers, blossoms and is harvested at the time of the summer solstice in late June, around St. John's Feast Day on June 24th.

St. John's wort has been used in herbalism for centuries. Even Hippocrates described the usage of St. John's wort.

St. John's wort helps to maintain emotional balance<sup>1</sup>.

<sup>1</sup>Health claim pending approval by the European Commission